LivingWell

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A publication of
AGING PARTNERS
A Pioneering Area Agency on Aging

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Dorothy Ekblad, 91, will participate in track and field at the 33rd Cornhusker State Games.

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Director's Corner

It's time to speak your voice.

We are now in a time of significant political change — a time when it is critical that older Americans' voices are heard. Decisions are being made in relation to the Affordable Care Act, Medicaid and Medicare that will impact everyone. No matter your opinion of whether you think the change is positive or negative, it's important that policymakers hear your views.

The public is somewhat skeptical when it comes to the ability of ordinary citizens to influence the government in Washington. Half (50 percent) say ordinary citizens can do a lot to influence the federal government if they are willing to make the effort, while about as many (47 percent) say there's not a lot ordinary citizens can do. If you think we don't have influence and don't act upon it, we've given away our right to a voice.

Update on Victory Park

It's exciting to see the progress being made on the Veterans Administration Campus in Lincoln related to the Victory Park project. Many years in the making, it included the HUD-Veterans Affairs Supportive Housing (HUD-VASH) in its first phase, which provides rental assistance for homeless veterans with case management and clinical services provided by the Department of Veterans Affairs (VA). This project was initiated by the Seniors Foundation and the developer, Burlington Capital, with assistance from the Lincoln Housing Authority and HUD.

Additional phases to the project will be considered after the Veterans Administration determines a site for its Community-Based Outpatient Clinic.

Randall Jones

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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EKBLAD'S ENDURANCE
Yields Athletic Accomplishments

As one of seven children, Dorothy Ekblad spent her free time playing sports just three blocks from Lincoln's Peter Pan Park.

"We played together since we could throw a ball," she said.

What is typically a childhood pastime became a determination and love for sports. This year, Ekblad will compete in her 29th Cornhusker State Games at age 91.

A Lifetime Athlete

Ekblad played sports when she had the time.

"I just really enjoy sports," she said, "especially softball and basketball."

Not having competitive sports in school, Ekblad participated in intramurals. In 1944, she was named Lincoln High School's Girls Athletic Association (GAA) Cup Girl for her involvement in softball, swimming, speedball, tennis, and rhythmic and tap dancing. The award is annually chosen among the seniors of its membership. The recipient met the club ideals of sportsmanship, leadership and scholarship. Ekblad also served as GAA vice president and was a member of the "L Girls" Letter Club.

While in nurse's training in Illinois, she played softball, and then tennis at a summer camp in Wisconsin.

She later played in the Lutheran Women's Softball League for many years.

"I went to watch," she said. "But I became the pitcher."

Ekblad continued to play basketball and softball when she could join a team, but as she got older, the teams dissolved. She wanted a way to get back into athletics.

Dorothy Ekblad, 91, will participate in track and field at the 33rd Cornhusker State Games.

Ekblad's First Cornhusker State Games

After retiring from a 27-year career at Lincoln's VA hospital, Ekblad heard about the Cornhusker State Games on the radio.

Established in 1985, the statewide amateur competition's inaugural year attracted 4,000 participants. Now, it hosts an average of 12,000 participants in more than 60 competitive and participation sports, including chess, mallwalking, horseshoes and foosball, as well as more traditional events such as track and field, swimming and soccer.

Ekblad attended the 1987 opening ceremonies, and "the next year is when I decided I had to be part of it," she said. "I didn't know what I could do when I looked at the list of events. I saw all these sports I had never done and assumed all the competitors were experts."

Ekblad decided she could accomplish the 6.2-mile non-competitive walk, previously known as the volkswalk.

"I finished the walk and had so much fun being part of the games," she said.

But that wasn't enough. The next year, Ekblad took a deeper look at the events available. Under track and field, she saw discus and shot put.

"I went to the library to see if they had any books on throwing the shot put or discus for women," she said. "I found one and read it. I had never seen a discus before, but I went, bought my own and started practicing."

Later learning how to throw a javelin, Ekblad has participated in the Cornhusker State Games each year since 1988.

"My love of sports was redeveloped through the games," she said. "Sports have become a large part of my life again."

In 1999, Ekblad was named the Cornhusker State Games Female Athlete of the Year while competing in shot put, discus, 5-mile run, tennis, horseshoe pitching and volleyball. She also served as a torch carrier. This July, she will compete in discus, shot put, javelin and the 50-meter run in the 90-94 age group.

"My love of sports was redeveloped through the games."

– Dorothy Ekblad

"This is the first time they have had anyone compete in this age group," she said.

Her favorite sport to compete in now is the discus, because it uses the same muscles as pitching in softball. She continues to participate in these events to see if she can beat her records.

With just enough space in her backyard to throw the discus and javelin, Ekblad trains at home and visits a nearby high school when no one is using the field. She also walks around her neighborhood for exercise.

Just a small representation, Ekblad estimates she has more than 200 medals from her athletic accomplishments.

Expanding Horizons

When she began competing in the Cornhusker State Games, there were several participants her age, so she often won the silver or bronze medals. But as time passed, she has received a gold medal each year.

Since 1995, Ekblad has competed in the State Senior Olympics in Kearney, Nebraska, in track and field. She has qualified five times for the National Senior Olympics, having competed in Louisville, Kentucky; Orlando, Florida; Tucson, Arizona; and San Antonio and San Francisco.

Although competition isn't as tough in the Nebraska State Senior Olympics, it becomes more challenging in the National Senior Olympics, with many competitors in the 90-94 and 95-99 age groups.

"In the first one I got a ribbon, and since then I have received a medal in each one, but never the gold," she said, adding that she has received five silver and five bronze medals.

In 2015, the State Games of America replaced the Cornhusker State Games, bringing in more than 15,000 participants from 47 states and Washington, District of Columbia. Her competition was strong, but Ekblad still came home with four gold medals.

Through all her athletic endeavors, she estimates she has collected more than 200 medals.

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Ekblad's Endurance Yields Athletic Accomplishments

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In 2009, Ekblad was inducted into the Lincoln High Sports Hall of Fame, and received the Pioneer Award from the Girls and Women in Sports and Fitness in 2001, in which she was also a member and served on the committee. She is also a longtime member and former board member of the Lincoln Women's Chamber of Commerce, and a lifelong member of First Lutheran Church.

Ekblad's other hobbies include gardening and photography of birds, flowers and scenery. She volunteers and has been a longtime historian of the Norden Club of Lincoln.

"I feel I've been quite blessed throughout my life and am thankful for loving family, friends and what God has given me," she said.

The 33rd Cornhusker State Games

The 2017 Cornhusker State Games is set for July 21-30. The deadline to register is July 5. Call 402-471-2544 or visit www.cornhuskerstategames.com for more information.

Ekblad, right, and Leta Powell Drake, left, both competed in horseshoe pitching during the 2004 Cornhusker State Games.

"I would encourage more older adults to get out and participate," Ekblad said. "You don't have to be the athletic type. Participate in whatever you might be interested in. You don't have to be good at it; just compete and see how you do."

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Northeast Senior Center Manager David Chapelle, standing, teaches computer basics to, from left, Mary Horne, Treva Lind and George Stastny.

Computer Help Leads Older Adults into Technology Age

In a technologically advanced world, older adults often can be left at a disadvantage. But Aging Partners hopes to change that by offering help with simple computer and internet resources.

Currently, assistance is only provided at the Northeast Senior Center, 6310 Platte Ave.

"We offer tutorials and work with older adults as they come in with what they need to know," said David Chapelle, Northeast Senior Center Manager.

Some older adults have no computer knowledge and often start with games to learn how to use the mouse, while others need help with using the internet, email or applying for services online.

"Nowadays, you need to know how to do things online," said Bob Esquivel, Aging Partners Senior Centers Coordinator. "If you do not have email, or do not know how to submit forms online, you are at a disadvantage."

The senior center has offered this walk-in service for about six months on the center's four public access computers.

"I would love to have volunteers who feel comfortable enough with their skills with the computer, Facebook or completing forms online to help lead a small session," Esquivel said. "I believe strongly in this because it is such a necessary part of life."

If you are interested in a class, volunteering or would like additional information, contact David Chapelle at 402-441-7151 or dchapelle@lincoln.ne.gov, or Bob Esquivel at 402-441-6102 or besquivel@lincoln.ne.gov.

Lutz Welcomes New Role

Having been with Aging Partners for nearly 15 years, Sandy Lutz took on a new role as Community Activities and Services administrator in January.

She began with the organization by providing case management services while doing home medical visits with Dr. David Paulus. Lutz continued to provide case management in the Medicaid Waiver Program, and then branched into Legal and Financial Services and used her background to help with the Aging and Disabilities Resource Center (ADRC).

Lutz's new role includes overseeing various Aging Partners programs, including ADRC, Medicaid Waiver, Health and Fitness staff and fitness center, Transportation Services, Rural Transportation, Home Handyman, Lifeline Medical Alert Service, Harvest Program, Durable Medical Equipment and Lancaster County Senior Centers.

"It all melds together," she said. "It's so much fun, and there are so many creative people I get to work with. I'm always up for change and different opportunities to make life more meaningful for individuals and help staff explore various ways to use their creative abilities to do good things."

With so many opportunities to help, Lutz appreciates support from Aging Partners Director Randall Jones and the city and county in ensuring residents' needs are being met in their communities.

"A lot of people don't know about Aging Partners until they need help," she said. "I would love if younger people knew about Aging Partners so as they move into the age of life when they need services through us, they won't stumble not knowing where to go for help. I would like for our light to shine brighter and for more people to be aware of us."

Lutz finds personal rewards in helping older adults live independently in their homes.

"We help people remain healthy, independent and engaged," she said. "This is the best place I've ever worked. It is exciting and meaningful. We are really making a difference."

"I would love if younger people knew about Aging Partners so as they move into the age of life when they need services through us, they won't stumble not knowing where to go for help."

– Sandy Lutz

Sandy Lutz took a new role as Community Activities and Services administrator in January. She has worked for Aging Partners for 15 years and her enthusiasm for helping older adults is contagious.

Lutz looks forward to monthly resource fairs throughout Lancaster County, which demonstrate a sampling of Aging Partners' services:

July 19 — Carol Yoakum Family Resource Center, 4621 NW 48th St., 9 a.m. to noon

Aug. 16 — Bess Dodson Walt Branch Library, 6701 S. 14th St., 1 to 4 p.m.

Sept. 14 — Charles H. Gere Branch Library, 2400 S. 56th St., 1 to 4 p.m.

There will be information and presentations and student nurses performing wellness checks, blood glucose screenings and balance assessments.

"For anyone who is interested in learning more about Aging Partners, just come and see," Lutz said. "We can help take away some of the burdens of aging."

For more information about any of these programs or the resource fairs, call 402-441-7070.

Lincoln Police Department Chief Jeff Bliemeister touched on various topics at the May 10 Aging Partners' Outreach Breakfast at the Downtown Senior Center.

LPD Chief Shares at Outreach Breakfast

On May 10, Lincoln Police Department Chief Jeff Bliemeister presented at Aging Partners' Outreach Breakfast at the Downtown Senior Center on hot topics facing Lincoln law enforcement.

He talked about Lincoln's violent crime, which is declining and touched on mental health situations. LPD officers responded to more than 3,000 mental health calls last year.

"We will intervene, but we can't solve the issue," he said.

Last year, LPD saw an 82 percent increase in mental health calls compared to the last decade.

Overall, Bliemeister believes that it all goes back to education.

"If I had a dollar to spend, it would be on education," he said. "Law enforcement and the criminal justice system cannot solve society's woes. They'll always be there, but to equal the playing field, education is very important.

Because of LPD's partnerships with other law enforcement agencies and the media, the community is well informed of crime.

When two men escaped last year, LPD worked with the Nebraska State Patrol, Lancaster County Sheriff's Office, US Marshals Service, Lincoln Fire and Rescue and University of Nebraska-Lincoln Police to search for the escapees. But through media partnership, two citizens were alerted the men were at large and understood the situation when they found one standing in their home. They fought back, alerted 911 and the man was taken into custody.

"They are my heroes, because they knew their safety was in jeopardy but they didn't let that affect their actions and they saved their lives," Bliemeister said. "When things go south, I look to them for their mindset and example."

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Injury Led Johnson to Love for Tennis

It wasn't until 1973 when Jim Johnson took up tennis after college and began competing. In 2004, he was No. 11 in the country in the 65 singles age bracket.

A broken arm suffered in an intramural basketball game led Jim Johnson to a lifelong love of tennis.

While a student at Fremont, Nebraska's Midland College — now Midland University — he played baseball and basketball until he broke his arm.

"My roommate was a tennis player and insisted I hit tennis balls with the team," he said. "I was reluctant, but I could still hit the ball with my right hand."

Johnson decided to play tennis instead of baseball the following year, and was on the team that won the conference title in 1962.

"In tennis, you get to be the pitcher and hitter all the time," he said.

After college, Johnson took up golf. But when tennis gained popularity in the early 1970s, he decided to pick up the racquet again. He joined a league at Woods Tennis Center in 1973 and won his ladder.

After the indoor Lincoln Racquet Club was built, Johnson became part of a doubles group. After two years, he was the best doubles player in the group.

"I met some really great people and played better tennis than I ever had," he said.

The Next Set

In 1975, Johnson moved from Lincoln to Fremont and joined a men's tennis league.

"The more you play, the better you get," he said.

For four years, Johnson has served as referee for Fremont Tennis Association's junior and adult tennis tournament, which became the largest tennis tournament in Nebraska. One year garnered more than 700 entries.

The 1992 USTA 4.0 Senior Men Champions from left, Jack Hohensee, Jim Beemis, Jim Johnson, Ken Tharp, Neil Schilke and Rick Harley.

Johnson was asked to represent Fremont on the Nebraska Tennis Association board, and later served as president from 1980 to 1981.

Although heavily involved, Johnson worked on his tennis game and continued to win tournaments. He took a break from competing in the 1980s so he could work with his three sons on their game as they played high school tennis. Together, the family had more than 400 tennis trophies in their basement.

In the late '80s, Johnson began playing again; in 1989, he took it to the next level and teamed up with Jim Jorgensen. They went on to win the 1989 state championship in age 45 doubles.

Johnson captained a senior United States Tennis Association (USTA) league team of three doubles teams that captured the 1992 national championship in Phoenix.

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Johnson, left, with his doubles tennis partner, Jim Jorgensen. They won the National Public Parks Championships age 55 doubles.

Injury Led Johnson to Love for Tennis

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"I sent those fellas a letter a year in advance when I picked them for my team," he said. "I told them I knew they would be in great physical condition, but I wanted them to be ready in a mental capacity to win the national championship. And we did."

In the 1990s and early 2000s, Johnson played in several tournaments, many of which he won. In 1999, he and Jorgensen won the National Public Parks Championships age 55 doubles and Johnson also was a finalist in age 60 singles.

In 2003, Johnson played in 17 tournaments and prepared for the 2004 season, in which he would enter a new age bracket. He set a goal to finish in the top 20 nationally, and he ended up ranked No. 11 in the country in the 65 singles age bracket.

"Age is just a number," he said. "It does not mean anything."

Overall, Johnson has played in or qualified for 20 national tournaments. He continues to play, and just a year ago competed in Phoenix at a USTA Championship for ages 65 and over.

"We did not win, but we had a great time," he said.

Johnson's dedication and success earned his family the Nebraska Tennis Association's Family of the Year in 1988. He was inducted into the Nebraska Tennis Hall of Fame in 1995.

"The Lord has blessed and been merciful to me," he said. "The glory is not mine."

Johnson appreciated how his late wife, Carol, supported him. She often volunteered at tournaments and would ensure he ate properly.

Giving Back

In his third year as volunteer assistant tennis coach at Midland University, Johnson enjoys mentoring students on game strategy.

"During a warm-up, you have 10 minutes to analyze the game and ability of your competitor," he said.

Johnson does not plan to compete this year. The highest age bracket is 65, so competition is tough. However, he still works out at the local YMCA five days a week, plays tennis two to three times a week and golfs when he can.

"Staying active is important," he

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said. "I walk after every meal and try to stay cognizant of good nutrition."

Johnson appreciates tennis for the opportunities it has brought him, including exercise, friendships and keeping his mind active.

"My friends from the past 40 years have been from playing tennis or the tennis association," he said.

According to a study by Oxford University and researchers in Finland and Australia, those who play racquet sports reduce their individual risk of death by 47 percent, compared to those participating in other sports such as running and cycling.

Johnson encourages anyone interested to learn to play.

"If you've played other sports and have hand-eye coordination, you can learn to play tennis," he said.

If you want to learn to play, Johnson recommends finding a tennis center, city recreation department or tennis club, and sign up for lessons.

Johnson appreciates the strategy of the game, learning the other players' strengths and weaknesses.

"You are never too old," he said. "They even have wheelchair tennis national championships."

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Members of the Lincoln Senior Chorus visit assisted living and retirement communities twice a week to sing hymns and other popular songs. This September, the choir will celebrate 50 years.

Seniors Singing for 50 Years

Jack Cole has been director of the Lincoln Senior Chorus for 20 years.

In September, the Lincoln Senior Chorus will celebrate a half century of music at assisted living and retirement communities. It all started in 1967, when a few ladies got together at the now "F" Street Recreation Center and thought it would be fun to organize a singing group.

Transporting older adults back in time, the now 35 members sing 30-minute programs, twice a week, from April to December, which adds up to about 81 regular programs. They also practice every Monday morning at the "F" Street Community Center.

The primary mission of the Lincoln Senior Chorus is to stimulate memories both "spiritual" and "life review" for the residents listening. The music changes each month and includes hymns, old songs and show tunes. Singing along is encouraged.

"You all are terrific," said a listener. "I enjoyed that tremendously."

The chorus also sings at special occasions, clubs and church meetings.

Esther Ponte has been part of the chorus for more than 30 years.

"I love it," she said. "I have loved singing since I was a little girl."

Chorus members feel satisfaction in volunteering their time. In 2009, the chorus was awarded the Living Bell Award by the Retired Senior Volunteer Program, for the group's outstanding volunteer contributions.

There are no requirements or auditions to join, other than a love for singing.

"There is no age limit," said Jack Cole, director. "Anyone is welcome."

> **There is no age limit, anyone is welcome."**
>
> *– Jack Cole*

After a 38-year music-teaching career, Cole became the chorus director 20 years ago when he retired and moved back to Lincoln. Although he enjoys helping older adults appreciate music, he hopes to retire this year. Assistant directors include Russ Workman and Gary LaVoie, and Susie Cook is the accompanist.

The Chorus will mark its 50th anniversary Sept. 17 with a concert, titled "50 Years of Singing" at Vine Congregational United Church of Christ, 1800 Twin Ridge Road, at 3 p.m. The program will include "good old songs," spirituals, and a special folk singers group called "The Ethnic Singers," led by assistant director, Russ Workman. Free and open to the public, a free-will donation will be accepted.

For more information on joining the Senior Chorus, becoming a music director or finding out where concerts are, contact Darlene Barnett at 402-525-7050 or Jack Cole at 402-486-2302.

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Legal Aid Expands Reach

Each year, the aging population continues to grow. Approximately 19 percent of those live at or below the federal poverty level (One person household annual gross income of $11,880, two person household annual gross income of $16,020). With the increasing number of elder victims, Legal Aid of Nebraska is stepping in to fill the void through its Elder Justice Initiative.

"We recognize there are far more low-income elders in our state than there used to be, and our program is targeting the financial exploitation issues that low-income elders face," said Milo Mumgaard, executive director. "The initiative is our focus to meet and solve their legal needs."

Elder Justice Initiative

Last fall, Legal Aid of Nebraska expanded its services to elders through creating the Elder Justice Initiative, and with the hiring of Tim Lenaghan, Elder Justice fellow.

Lenaghan provides education and outreach, legal advice, brief and extensive services and extended representation in the areas of elder abuse and financial exploitation. To achieve the goal of helping older adults who may be taken advantage of, he educates organizations, law enforcement, other legal providers and interested parties in abuse and exploitation, resources to help, and the availability of Legal Aid's services.

Through the initiative, Legal Aid of Nebraska also staffs the Elder AccessLine with a paralegal to assist with victims of crime, financial exploitation and elder abuse.

"When they call the hotline, we are screening to determine if they have been a victim of elder abuse or exploitation," said Margaret Schaefer, attorney. "We are always listening for signs of abuse. If it's an appropriate case for Lenaghan, we bring him in."

While callers were screened previously, additional education and resources has placed an emphasis on identifying and helping abuse victims.

"Through this initiative we are more focused and easily able to collaborate with other organizations, partners, service providers and individuals who are taking care of elder victims," said Laurie Heer Dale, director of client and community engagement.

REACH Initiative

Complementing Legal Aid of Nebraska's Elder Justice Initiative is the REACH (Raising Effective Advocacy for Crime victims, Health and safety) initiative.

"We're trying to bridge the legal assistance gap in rural communities," Mumgaard said. "There is a limited amount of legal assistance available to the elderly, victims of crime, exploitation, etc., but particularly for low-income elderly and rural Nebraskans. We are trying to bring our legal skills and assistance to these victims with legal issues and problems."

REACH is part of a broader initiative extended to crime victims with civil legal issues to get their lives back in order and provide what they need to enhance their situation.

Legal services includes legal advice, brief and extensive services, representation in court and regular outreach in rural Nebraska.

Legal Aid of Nebraska expanded its elder services through the Elder Justice Initiative with the hiring of Tim Lenaghan, Elder Justice fellow. Lenaghan provides education and outreach, legal advice, brief and extensive services and extended representation in the areas of elder abuse and financial exploitation.

"Legal Aid continues to conduct outreach at senior centers, assisted living facilities, and generally anywhere seniors congregate to talk about legal rights," Mumgaard said. "We are teaching what to look for and collecting information on other types of issues older adults are facing."

Even those facing abuse and exploitation may not be able to recognize it. Do you feel safe? Is someone threatening you? Are you paying for things you don't owe? Is someone promising you a reward later?

If you believe you are being abused, exploited or would like information about your legal situation, call the Elder AccessLine at 800-527-7249, Monday through Thursday from 9 a.m. to noon and 1 to 3 p.m., and Fridays from 9 a.m. to noon. If you need to leave a voicemail, a representative will call you back.

Elder AccessLine representatives can provide advice with regard to most civil legal matters, including collections, housing, denial or termination of public benefits, and information regarding substitute

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9 a.m. to noon, 1 to 3 p.m.
Friday: 9 a.m. to noon

decision-making, such as power of attorney. Representatives will discuss the status of the legal matter, the potential risks and explain protections under the law.

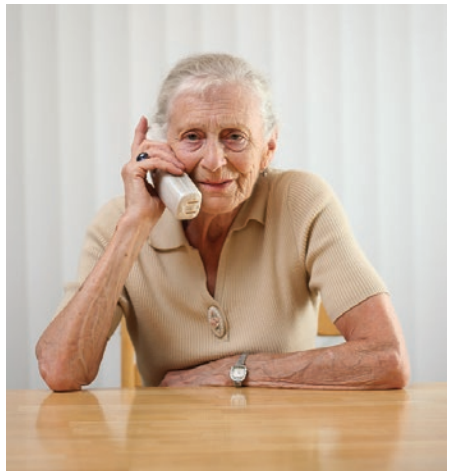
There is no cost to use the Elder AccessLine; however, applicants must complete an application and provide general information. Funded by federal, state and private resources, the information is provided to agencies to better understand how the hotline helps older adults and what circumstances they are facing.

Legal Services

Legal Aid can provide counsel to any elder, regardless of financial status; but, its areas of expertise are related to legal issues experienced by those with lower and limited income. Legal Aid does not provide financial or investment advice. Legal Aid of Nebraska's website includes a calender of educational sessions and resources on power of attorney, living wills and other documents at www.legalaidofnebraska.org.

For more than 50 years, Legal Aid of Nebraska has provided dignity, hope, self-sufficiency and justice through free, quality civil legal aid for those who have nowhere else to turn. In addition to the Elder AccessLine, it also provides the AccessLine for low-income residents.

Aging Partners also provides legal services for people age 60 and over who reside in the agency's eight-county service area (Lancaster, York, Butler, Fillmore, Polk, Seward, Saline and Saunders counties). Services are provided at the Aging Partners' office and in the consumer's residence. Legal assistance may also be provided through phone consultation. Consumers in the agency's eight-county area may request both direct legal services and information and referral from Aging Partners.



Did you know…

Older adults are considered at an increased risk to develop problem gambling behaviors due to factors unique to that population, such as loneliness, isolation, physical or mental illness.

Also, many older adults may not understand addiction, making them less likely to identify a gambling problem.

Among adults over 65, gambling is the most frequently identified social activity and yet, several studies place gamblers at higher risk for depression, as well as alcohol and drug use.

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Know What Medications You Are Taking

About 92 percent of older adults have at least one chronic health condition, and about 77 percent have at least two. Many rely on medications to manage these conditions, but taking multiple medications can be perplexing.

Understanding How Medications Work

Your body eliminates medications using your metabolism, which happens in the liver. As you age, your liver metabolizes differently.

"It may be a totally different way from when you were young, or perhaps just more slowly," said Ally Dering-Anderson, pharmacist and assistant professor at the University of Nebraska College of Pharmacy on the UNMC campus. "Our kidneys also work a bit slower and there's a bigger chance that we aren't drinking enough fluids to properly process and eliminate the drugs."

While medications have the same purpose from person to person, they may last longer or respond more strongly in an older adult's body.

"Drugs that make us sleepy or blur vision, for instance, are much harder on older bodies than younger ones," Dering-Anderson said.

All medications have side effects, but some can be particularly problematic for older adults, especially antidepressants, anti-anxiety and sleeping pills.

"Side effects can be dangerous for older adults because they can produce a decline in cognitive function, making them feel dizzy or confused or lose their balance, leading to a risk for falls," said Rita Antonson, APRN, geriatric nurse practitioner, UNMC College of Nursing faculty and Aging Partners Senior Health Promotion Center director.

For diabetics with neuropathy, added dizziness, light-headedness and confusion puts them more at risk for falls due to lessened sensation in their feet.

Safe Medication Management

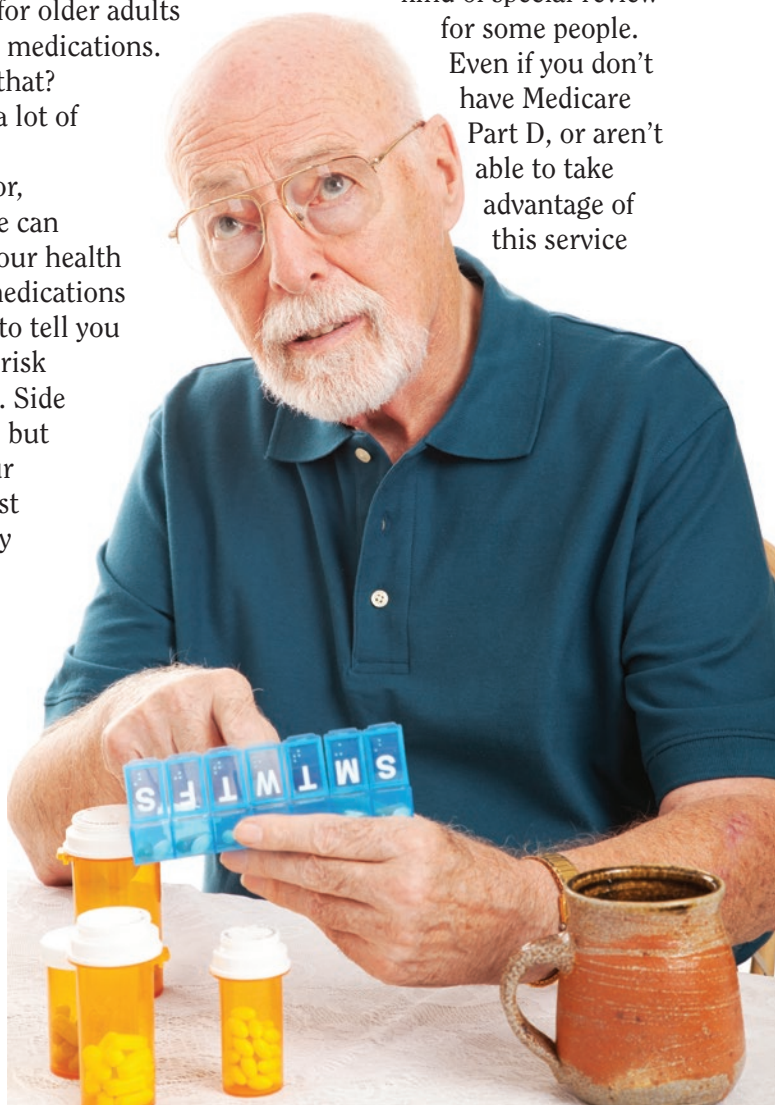
It is important for older adults to understand their medications. The best way to do that? Ask questions. Ask a lot of questions.

Only your doctor, pharmacist or nurse can take into account your health conditions, other medications and circumstances to tell you about your specific risk when taking a drug. Side effects can be scary, but you need to ask your doctor or pharmacist if the statistics apply to you.

"Is the chance of a broken bone frightening? Yes, it's terrifying," said Dering-Anderson. "But when we look at the real data and find that it happens in one in 4 million people — and they are usually underweight and smokers — some of your fear is abated when you recognize that you are neither underweight nor do you smoke. Those are the kinds of things that pharmacists are the best at."

Call your pharmacist to see if they schedule appointments for patient medication reviews.

"There are some really neat services available from pharmacists to evaluate everything you are taking," Dering-Anderson said. "Medicare Part D will pay for this kind of special review for some people. Even if you don't have Medicare Part D, or aren't able to take advantage of this service



using your Medicare, you can still make an appointment and pay the pharmacist to do this review."

Antonson recommended patients get all their prescriptions and medications from the same pharmacy and take all prescriptions, vitamins, herbal supplements and over-the-counter medications, or at least a list, to all their health provider visits.

Consider asking these questions about each medication you take:

- What time of day is it best to take this?
- May I take this at the same time as my other drugs?
- Do I have to take this on an empty stomach, or should I take it with food? How much food?
- What should I do if I miss a dose?
- Is there a way to tell if this drug is working?
- Is this a drug I will take for a long time or a short time? How will we decide when I can stop?
- What, exactly, is this drug for?
- How is it going to make me feel?
- Are there any common side effects? Is there anything I can do to prevent or manage them?
- Are there any rare, but serious side effects? How will I know if that's happening to me? What should I do if it happens?
- Do you have a full list of my drugs, and have you checked for drug interactions?
- Are there any food or drink interactions?
- Do you have a full list of my allergies, including what happens, and have you checked for allergies? Note: When you tell anyone on your health care team you are allergic to something, you must tell them what happens. Do you get a rash? Do you have difficulty breathing? If it's some other reaction, it may not be an allergy at all.
- What is the most important thing I should know about taking this medication?

"There are some really neat services available from pharmacists to evaluate everything you are taking."

– Ally Dering-Anderson

"If you get a new medication, or every time you have a chance, take the time to meet with your pharmacist," Antonson said. "Even things like antibiotics alter how medications work in your body."

Continued on page 20

Dr. Andrew Glenn

Andrew R. Glenn, DDS, MD

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Know What Medications You Are Taking

Continued from page 19

Don't take a vitamin or supplement without asking if it is safe or if it will interact with anything you are already taking. You should never take anything not directly prescribed for you. Your symptoms may seem the same as someone else's, but the cause can be completely different.

You are the patient and in charge of your health decisions, but if you decide to stop taking a medication, be sure to ask how to safely stop and ensure every health provider is aware that you have stopped.

This may seem like a lot to remember, so it might be helpful to write it all down. Remember to know the differences between a drug's brand and generic name, such as Motrin and ibuprofen.

The AARP Drug Interaction Checker can also be of help, but it is important to still consult your doctor, pharmacist or nurse, or visit healthtools.aarp.org/drug-interactions.

Another safety concern for older adults may be opening the containers. You, as the patient, must ask your pharmacy for an easier to open container. A nurse or doctor cannot order them.

"The concern, of course, is that easy-open containers can lead to childhood poisonings," Dering-Anderson said. "If a senior routinely has children in the home, then maybe easy open containers aren't a fantastic choice."

Additionally, these containers can pop open, especially during travel.

"Drugs are expensive, and you don't want to be digging them out of the bottom of your suitcase," Dering-Anderson said. "By the same token, if you cannot open the vial to take the drugs, they don't do you any good. Just buying them isn't enough – you have to take them, too!"

Family Members and Caregivers

It is important that doctors, nurses and family members work together to ensure older adults understand their medications and where to ask questions. If a spouse, child or caregiver help to gather information, written and signed permission will be needed from the patient. Health professionals are not allowed to share private health information unless they have written permission from the patient.

If possible, have caregivers attend appointments

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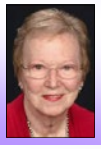

A CAREGIVER'S JOURNEY
Tuesday, July 11, 5:00 p.m.
Suzy Campbell, Caregiver Chick

SMART PHONE/TABLET 101
Tuesday, July 18, 5:00 p.m.
Teena Morgan, A Wireless

HEALING THROUGH ART
Tuesday, August 15, 5:00 p.m.
Anna Alcalde, Urban Legends Art Studio

GET SMART ABOUT SCAMS
Tuesday, August 22, 5:00 p.m.
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with you so they can gather information. You are the patient — all members of your health care team work for you, not the other way around. If there is confusion or concern, it should be shared.

"There should never be a time when the patient is afraid to say, 'I don't like that,' 'I don't want to do that,' or 'I don't understand,'" Dering-Anderson said. "It is our job, as people the patient has hired to care for them, to ensure that the patient gets the care he or she is expecting. That doesn't mean we will provide drugs that have a better chance of harming than helping, and it doesn't mean we won't make suggestions for improvement that the patient may not want to hear. But we will respond to questions and concerns in the best way that we can. Often, it is the spouse or caregiver, or child who know about the concerns or confusions, and it is very helpful when you make sure that the health care providers know them, too."

For caregivers or family members looking to keep track of medications online, they can use carezone.com.

"A caregiver can type in what you took and when, and keep passing information along from caregiver to caregiver," Antonson said.

Fall Prevention

For older adults looking to reduce fall risk by strengthening muscles, practice balance and other information, Aging Partners' Stepping On workshops can help. Stepping On workshops are for adults age 60 and over and caregivers, and is designed for people living independently in the community and able to walk without assistance most of the time. Participants meet two hours a week for seven weeks, and learn the most up-to-date information about fall prevention and provide older adults with an environment to learn with people their own age.

For more information, call Aging Partners Health and Fitness at 402-441-7575.

You've had plenty of awkward conversations.
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Focusing on Yourself Can Provide Benefits

Whether you have lost your job or are looking for employment after retirement, it is a difficult emotional journey.

John Dumonceaux, Lincoln resident and LMI Leadership Development President, suggests that people facing employment challenges should discover a deeper understanding of themselves.

"It is important that we are aware of the uniqueness that each of us has in order for us, as individuals, to be all that we can be," he said.

Dumonceaux refers to the "Wheel of Life," which has six spokes, or categories, for setting goals and bettering oneself. For a wheel to be efficient and travel as smoothly as possible, it needs to be balanced by all six spokes.

"One spoke is not necessarily more important than the other, but you can't have a crooked wheel," he said. "You need a smooth wheel to be as productive and efficient as possible."

The Wheel of Life

The six spokes, which do not have specific definitions or order, include:

- Family and home
- Financial and career
- Mental and education
- Physical and health
- Social and cultural
- Spiritual and ethical

Dumonceaux recommends individuals focus on each area, develop a plan of action and set SMART (specific, measurable, attainable, realistic and tangible) goals.

Goals can be bettering relationships with your children, paying down a credit card, reading a motivational book for 20 minutes a day, volunteering, or walking a mile each day.

"Developing a plan of action empowers you to balance these different areas by doing a self-evaluation and setting personal goals, values and priorities," Dumonceaux said.

Setting goals can help you improve to become all you can, no matter what stage of life you are in.

Re-evaluate as Life Changes

Your goals should change as you approach different circumstances and stages in life.

"When you are retired, you are still a powerful, meaningful person," Dumonceaux said. "Just because you don't have a job does not mean you cannot use your skills and talents. As a retired individual, your own personal leadership and development are very important."

Dumonceaux re-evaluates his goals every year, at least.

"I looked at if there was anything I could do for my family and home, and realized it had been a long time since my wife and I had gone out for lunch," he said. "So I set a goal to go out for lunch three times a month.

It's not necessarily the goal, but it is that I'm aware of it."

Retirement can be a big change in life, and change is not easy.

"Change is a process — it involves planning, training, goal setting and practical application," Dumonceaux said. "When you focus on your personal 'wheel of life,' it helps you plan, whether you like it or not. Everything comes down to the importance of the individual person."

If you lost your job, it is important to deal with your frustration and anger, no matter what the circumstances were.

"You need to ensure you've dealt with it and, as an individual, you are ready to move forward," Dumonceaux said.

Take the time to focus on the six "spokes" of your life. Your circumstances will alter your goals and help you process, challenge and change.

"I've never heard of anyone who lost their job who went to bed at night and everything was normal in the morning," Dumonceaux said. "I don't think the human person works that way. When we have a job, we have to take care of our work, but we also have to take charge of our life."

As you focus on yourself, you become more satisfied and productive.

Moving Forward

Setting goals can help build awareness and confidence in yourself.

"It comes down to who you are, why you want to work, what kind of work you want to do, and how much money you want," Dumonceaux said.

Knowing these can help you in a job search because you can answer any questions with confidence.

"If they ask 'Why did you apply for this job?' You don't have to say, 'I need a job,' but you can explain how this ties into each area of the six spokes and how you have a 'slight edge' above other applicants."

No matter your stage of life or circumstances, believing in yourself will help you achieve your goals.

"Each day is a precious gift," Dumonceaux said. "I'm in charge of my own level of happiness and my ability to contribute to society. I need to focus on myself and these six factors to reach out to my family, be financially secure, have a good mental outlook, educate myself, care about my physical well-being and social support group, as well as my spirituality and ethics."

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Get Moving, Lincoln!

By Peggy Apthorpe, Aging Partners Health and Fitness

Aging Partners is excited to be part of this summer's Move More Lincoln program, designed to help make the Star City the healthiest city in the United States. The Move More Lincoln wellness series is sponsored by the Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

Our Feeling Fit class series will be offered every Friday from July 7 through Sept. 1. Classes are held at the Jayne Snyder Trails Center, 21st and "Q" streets, from noon to 12:45 p.m. They are free and open to the public, with all ages and fitness levels welcome! This is your opportunity to try our fitness classes before the regular fall schedule begins.

Movement and Music

July 7, 14, 21 and 28

This class explores elements of dance in a no-pressure, comfortably paced social environment where music energizes, enriches and empowers. Dance can reduce stress and depression; improve flexibility, strength, balance and endurance; and reduce the risk of dementia. All levels of mobility are welcome with no dance experience necessary.

Fit Mix

August 4 and 25

This eclectic class incorporates movements from dance, yoga, Tai Chi and qigong. It is an easy and interesting way to incorporate physical activity into your day.

Tai Chi – Moving for Better Balance

August 11

This popular fall prevention class uses simple principles of Tai Chi to help improve balance and increase confidence in doing everyday activities.

Dynamic Movement

August 18

This fun and upbeat class focuses on stretching, breathing, and a unique combination of exercises and dance steps that isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

Qigong

September 1

Qigong movements work with the body, breath, mind and subtle energies to attain health, vitality and longevity. These light exercises are fun and easy to learn. You will leave feeling refreshed and energized.

The statistically most significant

intervention to improve overall health and quality of life in the 65-and-over population is regular physical activity. No segment of the population can benefit more from movement.

The common "prescription for exercise" includes:

1) Endurance – moderate aerobic activity five days a week for 30 minutes.
2) Flexibility – stretch every day.
3) Strength – two to three days per week.

Aging Partners Fitness Center

The Aging Partners Fitness Center, located at 233 S. 10th St., welcomes people of all ages and stages in their fitness journey. The Center is open Monday through Friday from 8 a.m. to 4 p.m.

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. There is a $10 monthly suggested contribution for age 60 and over, and a $15 fee for under age 60. Cardio equipment available includes treadmills, recumbent bicycles, NuSteps, and regular and seated elliptical trainers. The fitness center also has strength training equipment, balance bars, whole body vibration and other exercise aids.

Our Active Living Every Day workshops continue from 9:30 to 10:30 a.m. every Tuesday at the "F" Street Community Center. The workshops will continue through July 25, with no class scheduled July 4. Some of the ideas and action steps current workshop participants have discussed include:

- Develop a "move more" mindset. Remind your body to get more movement throughout the day, and you will be more likely to do it.
- Get up during commercials or stretch in your chair.
- Park far away from stores so you will walk more.
- House and lawn work is more fun when they are viewed as exercise.
- Focus on health, not numbers on a scale. Maybe you want to have more energy for your children or grandchildren.
- Participate in Aging Partners classes or go to the fitness center. When you join with others to exercise, not only do you get the immediate benefits of exercise, you also spend time with friends — a double deposit into your well-being.

For more information or to register for any Aging Partners Health and Fitness class, call 402-441-7575. See pages 36 and 37 of this publication for a complete list of classes and events.

Eye Health Goes Beyond What You See

Out of our five senses, vision is our most dominant. We use our eyes nearly every waking minute of the day. When you think about your eyesight, you probably think about how well you can see, but you should also consider the health of your eyes. Most consider how healthy their eyes are, based on how well they see. Good vision is a factor, but the overall health of your eyes dictates how well you can see.

The American Optometric Association (AOA) recommends those age 61 and over should have an annual health and vision examination. For those age 18 to 60, the AOA recommends exams every two years unless recommended otherwise.

"You can have subtle changes occur that you aren't aware of," said Dr. Brad Williams, optometrist.

An annual exam is covered by Medicare and most vision insurances. It is important to make use of this examination to protect yourself and your vision as best as you can.

What Happens in an Eye Exam?

When a doctor examines your eyes, they are looking at both the outside and the inside. They check your vision prescription, but also look at your cornea, interior chamber, iris, lens, posterior chamber and retina, or the back of the eye. There are about 126 million photoreceptors in the retina, each converting light into signals that are transmitted to the brain and converted into sight. Doctors will also check the health of your optic nerves and the vision of your macula, located in the back of your retina, for macular degeneration. Common among older adults, macular degeneration is the leading cause of vision loss in those age 50 and over.

The overall health of your eye can help identify other underlying medical problems.

"If you are over 65, we are looking for many aging factors such as blood vessel ruptures, retinal detachment, and signs of diabetes or strokes," Williams said. "We can often see adverse changes because of what is happening in the rest of your body."

Doctors will also check for dry eye, when eyes do not produce enough or the right type of tears; and for the leading cause of blindness, glaucoma. Glaucoma is an ocular disease that causes fluid to build up and increase the pressure in your eyes, damaging the optic nerve and causing loss of vision. In addition, they will examine your cataracts which can certainly cause blurred vision.

"Everyone reacts differently to visual needs," Williams said. "But you need to have your personal eye conditions monitored carefully."

Today's technology advancements allow for better monitoring of eye health and visual needs, along with medication therapy and surgeries to correct some adverse conditions.

Your Vision Impacts Your Safety

Not seeing properly can cause you to stumble or trip over things. There are several factors to consider to help prevent falls or accidents.

Glare — when you see a reflection off a car windshield — and brightness — when you are in the sun — are common issues among older adults.

Dr. Brad Williams, optometrist

"You can have subtle changes occur that you aren't aware of."

– Dr. Brad Williams, optometrist

"Everyone has a different resistance to bright light and glare," Williams said. "In most cases, those over 65 should talk to their eye doctor to make certain they have good sunglass protection. If you aren't seeing properly, it makes you more likely to fall or get into a car accident."

Williams recommends considering transition prescription eyeglasses, which automatically get darker outdoors and quickly return to clear when indoors.

Those who wear bifocals, trifocals or no lines/progressive lenses should know they negatively affect depth perception and how to use them properly.

"I encourage everyone to 'keep your nails to the rails' and 'nose to your toes,' Williams said. "Every time you use the steps, hold onto the rail and be sure to

look down instead of too far ahead. Take every step cautiously one at a time."

For many, night driving can be a problem. Be sure to have an anti-glare coating on your lenses. Williams sometimes recommends light yellow-tinted lenses, which can fit over your regular glasses or put into your prescription.

"In many cases, the light-yellow tint reduces glare from oncoming car lights at night and brightens the appearance of your dashboard lights," he said. "They can also be helpful for driving in a rainstorm. It does make a difference for many patients over 65."

For those who may be out at night, a small flashlight will help you see steps, curbs and uneven sidewalks to avoid catching your toe. It is also important to have good lighting in your home, and when driving to look around more.

"When you stop at a stoplight, your side vision is not as good as it used to be," Williams said. "Turn your head a little more to the left and right, so you can see if any vehicles are coming through. Your eyes don't pick up movement as quickly as they used to, so become a more informed driver."

Keeping Your Eyes Healthy

The best thing you can do to keep your eyes healthy is to visit your eye doctor annually for a thorough exam and get a clear understanding how to preserve your vision and protect your eyes.

When working in the garage or around things that can fly up, wear protective glasses. Keep your glasses clean and your prescription updated.

"There is research revealing more than 30 percent of people age 65 and over will have a bad fall and endure severe consequences," Williams said. "The research indicated improper eyewear or out-of-date prescription lenses are one of the major causes of bad falls."

Williams recommends healthy eating, too.

"Good eating habits are directly related to eye health, especially in Type 2 diabetics," he said. "Diabetes can really create adverse effects with our eyes, and good eating habits are essential for maximizing how well our body performs and how well you see."

Mild exercise such as walking each day also can help keep your eyes healthy.

"Our eyes are richly supplied with blood, so mild exercise helps enhance the quality of your vascular and visual system," Williams said.

When To See Your Doctor

You should visit your eye doctor annually for an exam, however, if you notice scratching, itching, intermittent blurred vision, discomfort or sudden changes in your vision such as blurriness, flashing or floaters, schedule an appointment immediately.

Eat to Your Health

By Denise Boyd, registered dietitian

Why Do We Call Them the 'Dog Days' of Summer?

It doesn't have to do with dogs lying around in the heat — the phrase comes from ancient Greek beliefs about a star.

To the Greeks and Romans, the "dog days" occurred around the day when Sirius appeared to rise just before the sun in late July. They referred to these days as the hottest time of the year — a period that could bring fever or even catastrophe. In the summer when Sirius, the "dog star," rises and sets with the sun, the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction (of Sirius and our sun) to 20 days after, as "Dog Days." Currently, the astrological dates for this occur in the Northern Hemisphere from July 16 through Aug. 24.

While we currently don't think this time of year brings disease, war and madness as those in ancient times did, I do know it can bring us less inclination to want to cook and toil in a hot kitchen. Here are some ideas to beat the heat and still eat well during the "tail" end of the dog days of this summer:

- **Leave the cooking to us.** Reserve a spot to eat a hot noon meal with us at Aging Partners. The senior meal deal is the best value in town! It's a nutrient-dense meal that has plenty of fruit, vegetables, whole grains and milk. At a minimum, it meets 33 percent of your dietary needs but often comes closer to 45 percent.
- **Stock your pantry with healthy mix-ins.** Canned vegetables, tomatoes, beans and pasta are great staples to have on hand. These are great to throw into a quick salad or vegetable medley. Try a three-bean mix with bottled Italian dressing or corn with peppers mixed with a small can of black olives dressed with ranch. They have great flavor and go well with whole grain bread or crackers.
- **Easy protein pickings.** Skip the processed lunch meats, as they are expensive and tend to have added fats and salt. Better choices include canned tuna or salmon, eggs, cheese (cottage, string or block) and yogurt. It's also easy, and there's no heating up the kitchen, when you pick up a roasted chicken from the deli at the discount store or your neighborhood grocer. Leftovers can be used in a multitude of ways.
- **Try a cold soup meal with the recipe provided.** Add a hard-boiled egg or a yogurt cup along with a crusty slice of whole grain bread and your meal is complete and cool.
- **The freezer is your friend.** Freezing meals makes it very convenient on those hot days when you don't want to cook. Just thaw, reheat, and it's ready to eat!
- **Take it outside.** Grilling is a great summertime activity that doesn't heat up your house. Get creative with some marinades for your meat and vegetables or grill up some pineapple for a sweet dessert.

The "dog days" of summer can be a hot time of year when cooking may not sound appealing. Follow these tips to stay healthy and cool!

Easy Gazpacho

2 cans (14.5 oz. each) diced tomatoes, undrained
2 cups vegetable juice
2 tablespoons red wine vinegar
1 garlic clove, minced
1 teaspoon salt
1/2 teaspoon pepper
8-10 drops hot pepper sauce
1 package (6 oz.) seasoned croutons
1 medium cucumber, peeled and diced
1 medium green pepper, diced
1 bunch green onions with tops, sliced

1. In a large bowl, combine first seven ingredients. Cover and refrigerate overnight.
2. Stir well before serving; ladle into soup bowls and garnish as desired with croutons, cucumbers, peppers and green onions. Yield: 6-8 servings.

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Welcome to summer! After the spring edition of *Living Well,* a friend told me he felt like "he should be sitting by a fire smoking a corncob pipe" while he read my article. I took it as intended — as a compliment — but decided this quarter I would try to write a serious, informative article and avoid any personal touches. Ha! Just kidding! I couldn't do that if I tried! I write like I talk, and that's the Midwest farm boy that I am!

Handyman

It's a very busy and exciting time of year at Handyman. Summer is, without a doubt, our busiest time of year. That's good, but we can help year-round. Yard work, cleaning gutters and things of that nature fill our summer days, but that doesn't mean we have stopped doing interior repairs! So, if you have light fixtures not doing what they should, annoying dripping faucets, toilets that run like they have a mind of their own, or other similar things, don't hesitate to call. As always, we are more than happy to help seniors remove old chemicals from their homes as part of our Safe Homes for Seniors program. Chemicals that may be of concern include automotive, yard, cleaning and paints/stains. Our specially trained Handymen remove and safely dispose of these items. For further details, you can reread the awesome article in the spring 2017 *Living Well*.

That explains the busy part of this program, but let me fill you in on a portion of the exciting part. As I write this, we have hired more than 10 new Handymen, and we want to keep them busy! They are fired up and ready to roll, so keep those work order requests coming. These folks bring a wealth of experience and know-how to the program, and we want to put it to work.

Adding to the excitement of this program, we are going to conduct a test! A local television feature that came out about our program this past spring used the term caregiver versus handyman, and as a result, we got a bunch of folks calling wanting to do light housework on a job-by-job basis. We are attempting to make lemonade out of lemons. In the past, we have avoided doing this because none of our handymen had any desire to do it. To quote one of our longtime handymen, "I don't like to scrub my own toilets, so why would I do someone else's?!" So, we have hired a few Home Helpers on a short-term basis. They have agreed to help our clients with light housework, which they define as dusting, vacuuming, cleaning bathrooms and kitchens, and laundry. Our clients will call in requests for these services on a need-by-need basis. If you have an occasional need for these services, please call 402-441-7030 and discuss them further with Diana. The contribution level you currently have for Handyman Services will be the same for Home Helpers.

Lifeline

As I have mentioned in these articles numerous times, the goal — the entire goal, in fact — of Aging Partners' programs is to keep seniors living in their homes in a safe and secure manner. So, where does this start? None of our other programs matter if the individual is not taken care of first, which brings us to Lifeline. For those who may not know about Lifeline, it is a personal emergency response system (PERS) device that is worn by the homeowner. The alert button worn by the homeowner allows him or her to contact the monitoring company in the event of an emergency. The monitoring company then

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Staying Self-Sufficient

Continued from page 29

alerts the appropriate service to assist the wearer. Services include calling a first responder, family member or neighbor, or possibly ambulance/fire should it be more serious. A service that many people are unaware of is "lift assist" through the fire department. The fire department will dispatch non-emergency personnel (no sirens or lights) to assist homeowners who may have fallen. I recently had the opportunity to watch this service in action for a client who had fallen in the parking lot near my office. The firemen who arrived to help were professional and discreet. Most people driving by had no idea what was going on, so there was no great embarrassment for the client. Lifeline offers two different options to meet the individual's specific needs. So, if you're a homebody, a more outgoing person or somewhere in between, Lifeline has the service for you. For more information, call Suzanne at 402-441-8816.

Transit

On every survey of seniors that I have seen during my time with Aging Partners, the No. 2 or 3 concern is reliable transportation. If you're curious what No. 1 is, keep reading and I will share it at the end of the article. Our Transit program offers two options for transportation. The first is a curb-to-curb transportation system for seniors who want to attend daily events at the centers. Please speak with the manager of your senior center to make your request. The cost is a suggested contribution of $1 per ride.

Donation boxes are located at each center. We also provide limited transportation from various centers to grocery stores and to and from events such as Dinner and a Show!

The rural transportation program is a public transit system that operates throughout the entire county and a few select towns outside. Transportation is provided from Lincoln to the smaller communities and vice versa. The rural transit program cannot operate solely within the city limits of Lincoln. For those trips, please call 402-441-7185 to inquire about regular StarTran service or their Handivan program.

Durable Medical Equipment

Don't miss the article on our Durable Medical Equipment program found on page 31 of this publication.

I hope you have a great summer. I look forward to sharing more thoughts with you this fall. By the way, the No. 1 item on all those surveys was medical costs!

Program Provides Purpose

Aging Partners' Durable Medical Equipment program has provided older adults gently used equipment for more than 20 years.

Such items can be donated to the program, which helps older adults maintain their mobility, safety and independence.

"Without a doubt, the items we need most are seated walkers and shower benches," said Mitch Sump, Program Coordinator. "We also need electric fans, crutches, canes and clothing assist rods."

Inventory continually changes, so to inquire about donating or receiving an item, older adults should call Linda Stevenson at 402-441-3025 and request an appointment. Items are distributed at no cost, but recipients sign a release form and receive a suggested contribution letter to help cover the cost of the program.

The program also accepts electric wheelchairs and motorized chairs, but recipients can expect to pay the cost of a new battery. Also accepted are lift and lower recliners, as long as they come from a pet- and smoke-free home. Items currently not in demand include normal walkers, toilet risers and hospital beds.

All items are cleaned and sanitized, and are located at 233 S. 10th St. in downtown Lincoln.

Prepared and confident

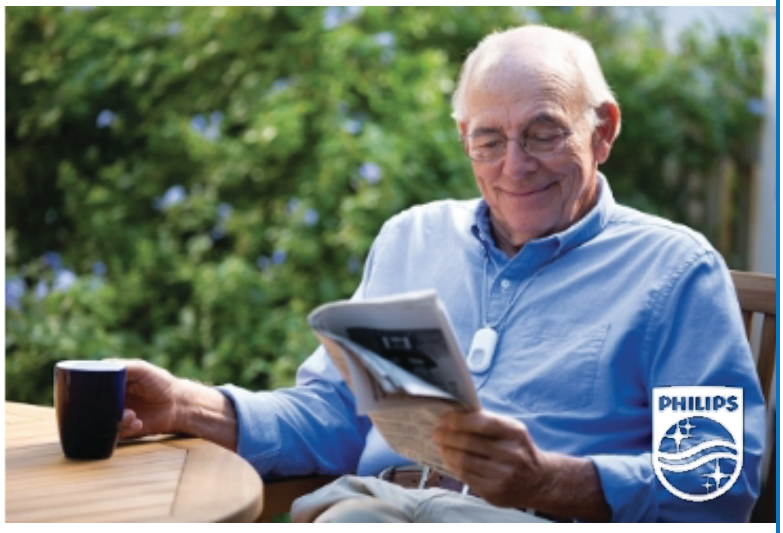
Over 7 million people have counted on Philips Lifeline to feel safe at home and on the go.

There's a Lifeline solution for you.

Lifeline offers a range of choices to help you maintain your independence. Whether you need the go-anywhere protection of **GoSafe**, the automatic fall detection of **AutoAlert**, or the peace of mind offered by **HomeSafe**, we have you covered.

AGING PARTNERS
A Pioneering Area Agency on Aging

Call today! Aging Partners Lifeline
402-441-8816



Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

Aging Partners Offers a Wealth of Resources for Caregivers

In the United States, more than 65 million people provide care for a disabled, chronically ill, or aged family member or friend for an average of 20 hours a week. About 23 percent of family caregivers who have cared for loved ones for five or more years report their own health as fair or poor.

Aging Partners provides services to caregivers who care for an adult age 60 and over, who often are parents or spouses who are ill, disabled or require extra assistance. Caregivers can also be grandparents age 60 and over who are raising their grandchildren.

With a wide array of services, Aging Partners' Personal and Family Services and Health and Fitness programs can provide resources to benefit caregiver quality of life.

Health and Fitness

The stress of caregiving can deeply impact a person's health and wellness. Through Health and Fitness, caregivers can take advantage of wellness and nutrition counseling, stress management tips, exercise, education, caregiver retreats, and community classes to help relax and improve the internal and external balance, such as yoga.

"We have a variety of options for caregivers who need to take better care of their health," said Tracie Foreman, Aging Partners community health educator. "We know that caregivers often get sick more often or pass before the person they are caring for."

The Fitness Center, 233 S. 10th St., is available to older adults and caregivers.

"We have had caregivers come here who just need to get out of the house to work out," she said. "Or many will bring the person they are caring for and work out together."

Despite Steve's high blood pressure and chronic obstructive pulmonary disease requiring 24/7 oxygen, he has lost 12 pounds and found it easier to breathe since he began using the fitness center. His wife, Janis, also exercises at the center. She has cared for Steve the past 15 years — and, for the previous two decades, her now deceased mother who suffered from Alzheimer's Disease. She also worked for many years with special needs teens.

"I find happiness in giving a special person the help they need to have a better life," Janis said. "It helps me when I can help others work through their challenges and their problems."

Janis has taken on the task of preparing healthier meals for herself and Steve through nutrition education, provided by an Aging Partners nutritionist.

If caregivers simply cannot get away from home, they can request someone come to their home and set up a fitness program.

Aging Partners empathizes with caregivers who give of themselves constantly.

Sandy has operated a day care for 38 years and has cared for her siblings, mother, mother-in-law, elderly neighbors and most recently, her husband. She takes time every day to walk and alleviate stress. She also relies heavily on "divine guidance" to get through difficult times.

"Caregiving is not for everyone," Sandy said. "You have to be willing to give of yourself, have strong faith and a good support system. My grandmother was a giving person. She was a good role model for me."

Older adults age 60 and over and caregivers can make use of the Senior Health Promotion Center (SHPC) at the Downtown Senior Center, 1005 "O" St., lower level, or at the Vermeer House, 4000 S. 84th St. The SHPC is sponsored by the University of Nebraska Medical Center, where student nurses perform cholesterol, osteoporosis, blood glucose and blood pressure screenings, comprehensive foot care, ear wax removal, and health promotion education. Suggested donation is $15. During the summer, hours and times are limited, but the clinic will run to capacity in September. For more information on the SHPC, call 402-441-7575.

Personal and Family Services

Aging Partners' care managers can help caregivers or older adults learn which programs and services can aid them.

Through the Older Americans Act, Aging Partners can provide funding for respite and supplemental services to help caregivers. The person receiving care must be working with an Aging Partners care manager to access these funds.

When Lyla Shamburg brought her great-granddaughter, Britny, home from the hospital at just 3 days old, she didn't know the depth of companionship that would develop.

Twenty-seven years later, Lyla and Britny take care of each other.

"It's awesome," Britny said. "She helps me remember things."

Britny has varying medical issues, causing some memory loss. Lyla reminds Britny of her commitments, and Britny helps with tasks such as driving, cleaning, opening jars and things that require getting on a ladder.

Lyla became acquainted with Aging Partners while taking care of her now-late husband, Pat. As he aged, his dementia became increasingly difficult to manage and he couldn't be left alone. Pat visited the Lake Street Senior Center to give Lyla respite from caretaking.

"That was a godsend," she said. "It helped me keep my sanity."

When Pat's needs were beyond what Lyla could provide, Joyce Kubicek, Aging Partners Care Management Program Coordinator, helped with paperwork for Pat to live in a nursing home in 2012. Just a few months later, Lyla had a stroke.

Britny stepped up to help, but Aging Partners also assisted when it became tough for Lyla to bathe independently. Using funds from the Older Americans Act, grab bars, a removable shower head and other items were purchased. A family member provided the expertise and labor to remodel the bathroom in their home.

Without help from Aging Partners, Lyla wouldn't have been able to pay for the remodel as she did not qualify for other programs.

"The idea of the Family Caregiver program is to give relief to the caregiver," Kubicek said. "But what helps Britny also helps Lyla."

Lyla Shamburg and her great-granddaughter Britny care for each other. They are both thankful for the help from Aging Partners and their church family.

Kubicek worked with Lyla to determine which benefits or services might help her be more safe at home, like respite services and other supplemental items. Lyla also used Aging Partners' legal services through Elder Law Attorney Mary Wilson, and caregiver funds to cover the cost of bath aid items and chore services.

Lyla appreciates having Kubicek there to help.

"I call her a lot for all types of things," she said. "She helps give me confidence."

When life challenges arise, it takes your family, church family and other organizations to work together. Lyla and Britny are also thankful for the love and support from their family at Redeemer Lutheran Church.

"Thank you for being there and for whatever you have done," Britny said. "It has helped us tremendously."

Lyla agrees.

"I thank Aging Partners for all it has done for us, but also for all the wonderful things, support, love and care Redeemer has given us."

Reaching Out

"We encourage caregivers to take advantage of our services," Foreman said. "Sometimes you just need guidance and Aging Partners is here to help."

For more information about caregiver services or other issues related to aging, contact the Aging Partners First Service Desk at 402-441-7070. For information about Health and Fitness classes, presentations, the fitness center or health clinics, call 402-441-7575.

AGING PARTNERS

A Pioneering Area Agency on Aging

Call 402-441-7070 in Lincoln or toll-free: *800-247-0938.*

AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938
aging.lincoln.ne.gov
Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

402-441-7159

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

HEALTH AND FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on 5 CITY-TV and 10 Health. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** – The Aging and Disability Resource Center is a pilot project whose mission is to assist seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, including Part D, private insurance policies, homestead exemption and budgeting are among the available services.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

Staying Involved

SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and four in Lancaster County.
▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446
  144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990
  Belmont Recreation Center
  1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
  American Legion Hall
  970 Monroe St., Bennet
- Firth Center: 402-416-7693
  Community Center
  311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
  Presbyterian Church
  300 E. 3rd St., Hickman
- JoAnn Maxey Center: 402-441-7849
  Malone Community Center
  2032 "U" St., Lincoln
- Lake Street Center: 402-441-7157
  St. James United Methodist Church
  2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
  1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
  6310 Platte Ave., Lincoln
- Waverly Center: 402-416-7693
  14410 Folkestone St., Waverly

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938
Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.

TRANSPORTATION

- **Ride within Lincoln to the Centers**
  ▲ 402-441-7158
- **Lancaster County Public Rural Transit**
  Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
  ▲ 402-441-7031
- **Other options in the community**
  Listings available at 402-441-7070.

LIVING WELL MAGAZINE

This quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on 5 CITY-TV or online at lincoln.ne.gov.

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

CARE MANAGEMENT

All Counties: 800-247-0938
Care Management Coordinator
Joyce Kubicek

- Butler County
  Becky Romshek, 402-367-4537
- Fillmore County
  Rhonda Stokebrand, 402-759-4922
- Polk County
  Amy Theis, 402-747-5731
- Saline County
  Trudy Kubicek, 402-826-2463
- Saunders County
  Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger
  402-362-7626

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
  Diana McDonald, 402-367-6131
- Fillmore County Senior Services
  Brenda Motis, 402-759-4922
- Polk County Senior Services
  Jan Noyd, 402-764-2252
- Saline County Aging Services
  Amy Hansen, 402-821-3330
- Seward County Aging Services
  Kathy Ruzicka, 402-761-3593
- York County Aging Services
  Lori Byers, 402-362-7626

MULTI-COUNTY SENIOR CENTERS

Butler County

- David City Senior Center
  592 "D" Street, David City
  402-367-6131

Fillmore County

- Exeter Senior Center
  217 S. Exeter Ave., Exeter
  402-266-2133
- Fairmont Senior Center
  519 Fairmont Ave., Fairmont
  402-268-2831
- Geneva Senior Center
  1120 "F" St., Geneva
  402-759-4921

Polk County

- Osceola Senior Center
  340 N. State St., Osceola
  402-747-8227
- Polk Senior Center
  230 N. Main St., Polk
  402-765-2311
- Shelby Senior Center
  230 N. Walnut St., Shelby
  402-527-5158
- Stromsburg Senior Center
  118 E. 3rd St., Stromsburg
  402-764-8227

Saline County

- DeWitt Senior Center
  202 E. Fillmore Ave., DeWitt
  402-683-4326 or 402-520-0873

Seward County

- Milford Senior Center
  105 "B" St., Milford
  402-761-3367
- Seward LIED Senior Center
  1010 Manor Drive West, Seward
  402-643-4466
- Utica Senior Center
  520 "D" St., Utica, NE 68456
  402-534-3435

York County

- McCool Junction Senior Diners
  c/o Village Hall
  323 E. "M" St., McCool Junction
  402-724-2525
- York Leisure Home
  215 N. Lincoln Ave., York
  402-362-2900

Aging Partners News and Events

Start Electronically Receiving Your Copy of *Living Well* Magazine Today!
When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.

Health and Wellness

Aging Partners
Health and Fitness Center
Monday through Friday
8 a.m. to 4 p.m.
233 S. 10th St., Suite 101

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. $10 monthly suggested contribution for age 60 and over. $15 fee for under age 60.

For most Health and Fitness classes, there is a $4 per class suggested contribution for age 60 and over or a $5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575. ***Please register early. Classes that do not have sufficient enrollment will be cancelled.***

Chair Tai Chi

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

- Aging Partners
  Health and Fitness Center
  233 S. 10th St., Suite 101
  Tuesdays, 9:45 to 10:30 a.m.

Living Well – Take Control of Your Health

This evidence-based program developed at Stanford University is designed to help participants improve self-management of their daily health. It helps people take control of their health using small steps toward positive changes and healthier living. People with ongoing health conditions and those wanting to maintain and improve their health can benefit from this workshop.

- "F" Street Recreation Center
  1225 "F" Street
  Mondays, 1 to 3 p.m.
  Aug. 21 through Oct. 2 (no class Sept. 4)
  (six-week session)

Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

- Eastmont Towers
  6315 "O" St.
  Thursdays, 1 to 3 p.m.
  Aug. 3 through Sept. 14
  (seven-week session)

Dynamic Movement Classes

Each class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- St. Mark's United Methodist Church
  Gymnasium, 8550 Pioneers Blvd.
  Thursdays, 3:30 to 4:30 p.m.
  (eight-week session)
  Sept. 14 through Nov. 2
  (six-week session)
  Nov. 9 through Dec. 21 (no class Nov. 23)
- Cotner Center Condominium
  1540 N. Cotner Blvd.
  (use Cotner Blvd. entrance)
  Mondays, 2 to 3 p.m.
  (eight-week session)
  Sept. 11 through Oct. 30
  (seven-week session)
  Nov. 6 through Dec. 18

Contemporary Yoga

This renewing practice emphasizes body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium
  1540 N. Cotner Blvd.
  (use Cotner Blvd. entrance)
  Mondays, 9 to 10 a.m.
  (eight-week session)
  Sept. 11 through Oct. 30
  (seven-week session)
  Nov. 6 through Dec. 18

Chair Yoga

This unique style is the gentlest form of yoga that adapts positions and poses through the use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- Vermeer Education Center
  (located north of St. Mark's)
  4000 S. 84th St.
  Wednesdays, 3 to 4 p.m.
  (eight-week session)
  Sept. 13 through Nov. 1
  (six-week session)
  Nov. 8 through Dec. 20
- East Lincoln Christian Church
  7001 Edenton Road
  Fridays, 11 a.m. to noon
  (eight-week session)
  Sept. 15 through Nov. 3
  (six-week session)
  Nov. 10 through Dec. 22 (no class Nov. 24)

Movement and Music
Auld Recreation Center
1650 Memorial Drive

This class explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace.

- Thursdays, 10:30 to 11:45 a.m.
  (eight-week session)
  Sept. 14 through Nov. 2
  (six-week session)
  Nov. 9 through Dec. 21 (no class Nov. 23)

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium
  1540 Cotner Blvd.
  Mondays, 1 to 1:30 p.m.
  (Please note new time.)
  (eight-week session)
  Sept. 11 through Oct. 30
  (seven-week session)
  Nov. 6 through Dec. 18
- Auld Recreation Center
  1650 Memorial Drive
  Fridays, 10:15 to 10:45 a.m.
  (eight-week session)
  Sept. 15 through Nov. 3
  (six-week session)
  Nov. 10 through Dec. 22 (no class Nov. 24)

Beginners Tai Chi for Balance and Fall Prevention Class - Basic 8 Form
Auld Recreation Center
1650 Memorial Drive

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 to 10 a.m.
  (eight-week session)
  Sept. 14 through Nov. 2
  (six-week session)
  Nov. 9 through Dec. 21 (no class Nov. 23)

Traditional Tai Chi – 24 Form
Auld Recreation Center
1650 Memorial Drive

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Fridays, 9 to 10 a.m.
  (eight-week session)
  Sept. 15 through Nov. 3
  (six-week session)
  Nov. 10 through Dec. 22 (no class Nov. 24)

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Research has shown that practicing Tai Chi is an effective way for older adults to reduce their risk of falling and maintain their independence. One study indicated there was a 55 percent reduction in falls rates among individuals who participated on an ongoing basis two times per week for 12 weeks.

Suggested contribution is $2 per class or $4 per week.

- "F" Street Recreation Center
  1225 "F" Street
  Tuesdays and Thursdays
  10:30 to 11:30 a.m.
  Sept. 12 through Dec. 5
  (no class on Nov. 23)
- Gateway Vista
  225 N. 56 St.
  Tuesdays and Thursdays
  1:30 to 2:30 p.m.
  Sept. 19 through Dec. 12
  (no class Nov. 23)

Active Living Every Day
Coming in September, a free workshop offered by Aging Partners and Lincoln Parks and Recreation:

Learn how enjoyable physical activity can be even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. Even house cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep all improved. Participants also learn from and support one another in their efforts to improve and maintain good health. Life's a hit when you're feeling fit! Call 402-441-7575 for details.

Vermeer Education Center
Senior Health Promotion Center
4000 S. 84th St.
(located north of St. Mark's)

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. $15 suggested contribution will help these services continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.
  July 12 and 19 (foot care only)
  Aug. 16 and 30 (foot care only)
  Sept. 13, 20 and 27

Downtown Senior Health Promotion Center
1005 "O" St., lower level

Services available to people age 60 and over include comprehensive foot and ear care, blood pressure, blood glucose, cholesterol screenings and health education. $15 suggested contribution will help these services continue.

- Thursdays, 9:30 a.m. to 1:30 p.m.
  July 13 and 20 (foot care only)
  Aug. 17 and 31 (foot care only)
  Sept. 14, 21 and 28

Feeling Fit Classes
(Free and open to the public)
Jayne Snyder Trail Center
21st and "Q" Streets
Fridays, noon to 12:45 p.m.
June 2 through Sept. 1

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will be leading some of the popular fitness classes that we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Movement and Music
  Instructor: Ruth Davidson Hahn
  July 7, 14, 21 and 28
- Fit Mix
  Instructor: Tracie Foreman
  Aug. 4 and 25
- Tai Chi – Moving for Better Balance
  Instructor: LaVonne Elfring
  Aug. 11
- Dynamic Movement
  Instructor: Tracie Foreman
  Aug. 18
- Qigong
  Instructor: Tracie Foreman
  Sept. 1

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Aging Partners News and Events

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Educational

Bob Ross Painting Class
Saturday July 22
9:30 a.m. to 3:30 p.m.
Lake Senior Center
2400 S. 11th St.

"Autumn Days" – a quiet autumn day begins to unfold around a peaceful lake. What might the day bring? Paint along with certified instructor Donald R. Belik in this one-day painting class and take home your finished oil painting. No experience required. All materials and supplies are provided. Preregistration required. Call 402-441-7158. Payment due Wednesday, July 19. Mail payment to Aging Partners, Attention Art Class, 1005 "O" St., Lincoln, NE 68508. Cost: $50

Day-Trip Tour
Brownville Village Theatre and the Spirit of Brownville Dinner Cruise
Saturday, August 5
Departure: 8 a.m., Northeast Center
Return: about 9:30 p.m.

The day begins with a tour of Brownville's newest attraction, the Flatwater Folk Art Museum. Housed in an old country church in Howe, Nebraska and moved to Brownville by museum director George Neubert, the museum features unique folk art masterpieces from all over the country. Then it's lunch at the popular Lyceum Café (on your own.) After lunch, we're headed to a matinee performance of the Brownville Village Theatre's production of "COLE." This musical, developed by Benny Green and Allan Strachan, is based on the words and music of Cole Porter, the King of Broadway Musicals. The show brings together Porter's hit tunes with a narration that tells the story of his life – from Yale to Paris to Manhattan to Broadway to Hollywood, and back again to Broadway. The show includes such Porter standards as "I Love Paris," "Take Me Back to Manhattan," Love for Sale," "I Get a Kick Out of You" and "Begin The Beguine." After the show, we board the "Spirit of Brownville" for a dinner cruise down the mighty Missouri! Finally, we head for home after an adventurous day. Reservation and payment is due Friday, July 28. A minimum of 32 riders is necessary to confirm this tour. Cost: $70.

Entertainment

Pirate's Cove Beach Bash
Friday, July 21
Downtown Center, 1005 "O" Street
10 a.m. to noon
$4 suggested contribution age 60 and over.
$4 (downtown boundary transportation area) suggested contribution.

Shiver me timbers, and blow me down! All hands on deck for a special pirate costume party. Re-live the mystery and intrigue of days gone by when pirates sailed the open seas and scallywags walked the plank! We'll have a treasure trove of snacks and games to keep any peg-legged pirate busy and musician Chris Sayre will entertain us with a collection of great old, melodic sea shanties. See you there! Call 402-441-7154 to reserve a meal by Tuesday, July 18.

Dinner and A Show 2017
Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner: 5:30 p.m., Show 6:30 p.m.
Van transportation: $4 round trip
Dinner and show: $10
Show-only ticket: $5
Preregistration required.

Enjoy a delicious Hy-Vee catered meal and an evening of quality entertainment at a more than reasonable price.

Reservations, payments and cancellations are due by noon the Tuesday before the show. No refunds. Send payment to: Aging Partners, Dinner and Show, 1005 "O" St., Lincoln, NE 68508. For details or reservations, call 402-441-7158. Co-sponsored by Butherus, Maser & Love, in cooperation with Cotner Center Condominium.

- Jimmy Mack: My Personal Favorites.
  Thursday, July 13
- Tim Javorsky: All That Jazz
  Thursday, August 10
- Joe Taylor: Still Singing the Memories
  Thursday, September 14

September is National Senior Center Month

State of Nebraska's
Sesquicentennial Anniversary Event
featuring Bobby Layne and his Orchestra
Concert and Dance
Thursday, Sept. 7
7 to 9 p.m.
Pla Mor Ballroom, 6600 W. "O" St.

In celebrating Nebraska's 150th Statehood Birthday, The Bobby Layne Orchestra will be performing in concert and dance at the historic Pla Mor Ballroom. The first half of the evening will be a patriotic salute to Nebraska, the Armed Forces and the music that made us great over the years. The rest of the evening will be dedicated to dancing to your favorite melodies. Dust off those dancing shoes and get this date on your calendar. Sponsored by Butherus, Maser & Love.

Senior Center Month Free Movie
and Aging Partners Information Fair
"The Last Word"
starring Shirley MacLaine and Amanda Seyfried
Marcus Edgewood Theatre
5220 S. 56th St.
Wednesday, Sept. 13
Doors open: 8 a.m.
Movie begins: 9:30 a.m.

Shirley MacLaine is Harriet Lauler, a once successful businesswoman in tight control of every aspect of her life. As she reflects upon her accomplishments, she's suddenly inspired to engage a young local writer, Anne Sherman (Amanda Seyfried), to pen her life's story. When the initial result doesn't meet Harriet's high expectations, she sets out to reshape the way she is remembered, with Anne dragged along as an unwilling accomplice. As the journey unfolds, the two women develop a unique bond which alters not only Harriet's legacy, but also Anne's future.

All-Rural Centers Picnic
featuring "The Time Burners"
Thursday, Sept. 21
Bennet Senior Center
American Legion Hall Post #280
970 Monroe St., Bennet
Noon lunch
1 p.m. entertainment begins

$4 suggested contribution for age 60 and over.
$8 fee under age 60.

Our Rural Centers are celebrating September National Senior Center Month with an all rural centers picnic at our Bennet Senior Center. Come and enjoy good conversation, great picnic food and special entertainment from the newest and hottest musical duet on the scene, "The Time Burners!" There will also be a bake sale. Don't miss out on the fun. If you have never dined with us, this would be a perfect opportunity to get an idea of what our centers are all about. Your reservations must be called in by Tuesday, Sept. 19. Call 402-416-7693.

All-Senior Center Event
"Old Haunts" Lincoln's History in Photographs, Then and Now
presented by Jonathan Roth
Thursday, Sept. 28
Firefighters Reception Hall
241 Victory Lane
Programs: 10:30 a.m.
Lunch: 11:30 a.m.
$4 suggested contribution age 60 and over.
$8 fee under age 60.
$4 transportation suggested contribution age 60 and over.

Jonathan Roth has been fascinated with Lincoln's history all his life. For years he's collected vintage photos of our city and even co-authored books like "When I Was A Kid," and "Game Day Memories." Now he's created an amazing photo process that lets us see what a spot looked like way back when, blended with how it looks today. These time traveling gems are sure to inspire stories of your own, from your personal memories of Lincoln over the last 50 to 60 years or more. The fact is, that's exactly the kind of sharing Jon wants to have happen! Couple all that with Runzas from RUNZA International and you've got a trip down "Memory Lane" you won't want to miss! So mark your calendar and bring your fondest recollections to share. For reservations, call your senior center or 402-441-7158.

Aging Partners Resource Fairs

Don't miss your chance to learn all about Aging Partners and the services we offer. Resource fairs are set for Lincoln this summer and early fall:

Wednesday, July 19 from 9 a.m. to noon
Carol Yoakum Family Resource Center, 4821 N.W. 48th St.

Wednesday, August 16 from 1 to 4 p.m.
Walt Branch Library, 6701 S. 14th St.

Thursday, September 14 from 1 to 4 p.m.
Gere Branch Library, 2400 S. 56th St.

Call 402-441-7158 for more information.

LivingWell

Investing in today's and tomorrow's older adults.

Suggested Contribution Levels:

$12 ___ $25 ___ $50 ___ Other ___

You will receive:

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: Living Well, 1005 "O" St.
Lincoln, NE 68508-3628

"When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution."

A special invitation to the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

Your contribution helps Aging Partners publish the area's premiere resource for those 60 and over. Join us in supporting healthy, full and independent living.

___ Check or money order payable to *Living Well* enclosed.
Sorry, we don't accept credit cards.

Name: _____
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City: _____ State: ____ ZIP: _____

Phone: _____ Spouse's name: _____

Date of birth: ___/___/_____ Last 4 digits of SSN: _____

Spouse DOB: ___/___/_____ Last 4 digits of SSN: _____

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